

Information for Participants

The UK / Global Rugby Health Research Programme:

What is the general health and neurocognitive outcomes of retired rugby athletes compared with retired athletes from other sports and non-athletes?

Please note that completion of this survey indicates your consent to participate.

Participant Information Sheet

Version 4: April 2018.

Hello my name is Dr. Karen Hind and I am leading a team of researchers from Leeds Beckett University, in collaboration Professor Patria Hume, Dr Doug King and team at Auckland University of Technology (AUT), New Zealand, Professor Patrick Neary from the University of Regina, Canada, and Dr Clare Fraser from the University of Sydney, Australia and Professor William Meehan and Dr Dai Sugimoto from Harvard University, USA. We are working together to conduct a large scale study into the long term health of retired rugby players. The overall study is the Global Rugby Health Research Programme which is being led by Professor Patria Hume and Dr Doug King from AUT, and myself.

INVITATION TO PARTICIPATE

- You are invited to take part in the **General Health Questionnaire and Neurocognitive (CNS Vital Signs)** part of the UK / Global Rugby Health Research Programme. Your participation in this research is entirely voluntary. You are free to withdraw consent and discontinue participation at anytime without influencing any present and/or future involvement with the Universities involved.
- This part of the project is online therefore your consent to participate in the research will be indicated by you ticking this consent box. Ticking the consent form indicates that you have freely given your consent to participate, and that there has been no coercion or inducement to participate by the research team.

WHAT IS THE PURPOSE OF THE STUDY?

- Rugby is the sport of choice for many. As with any contact sport, injuries are a common and expected feature within the game. However, little is known about the long term health of rugby players which is why we are conducting this project. The purpose of the research is to investigate the long-term neuropsychological and neurocognitive function, general health and active daily living in retired rugby players in comparison with age-matched controls from other sports (e.g. cricket) and compared with non-athlete controls. Data from the UK, NZ (study complete), Canada, Australia and the USA will be combined.
- The results of the research will be shared with the sport governing bodies, presented at national / international conferences and published in peer-reviewed medical journals.

HOW WAS I CHOSEN TO BE ASKED TO PARTICIPATE IN THE STUDY?

- You are invited to take part if you have retired from elite and amateur rugby union and league, or if you are a retired athlete from non-contact sports such as cricket, or have not taken part in any sport since school non-athlete.
- Other contact sports are being investigated in Canada, Australia and the USA (not UK) therefore if you are retired from American Football, Ice Hockey, Soccer and are from Canada, Australia or the USA, you are also invited to take part.

WHAT WILL HAPPEN IF I DECIDE TO TAKE PART?

- Once you have signed up to the research online via the project webpage (www.leedsbeckett.ac.uk/ukrugbyhealth) you will receive an automatic email which provides you with a link to the neurocognitive test webpage (www.cnsvs.com) and the general health questionnaire.

- **Your ID for taking part in the tests is as follows:**
UK - your initials and date of birth (eg TC080878)
Australia - AU, then your initials and date of birth (eg AUTC080878)
Canada - CA, then your initials and date of birth (eg CATC080878)
- The on-line general health questionnaire (<https://www.surveymonkey.co.uk/r/ukrugbyhealth>) will take approximately 20 to 30 minutes for you to complete. When you participate in the on-line questionnaire you will answer questions related to your sports participation, general health and wellbeing, prior concussion, and injury history. We would like you to answer as many questions as you can as your knowledge and experience in this field is important to us. We want to learn from your experience. The types of questions you will encounter will include; drop down boxes, check boxes, ranking, and open text questions. You are asked to please select or tick which boxes are relevant. For open text box questions please type your answer in.
- To access the **CNS Vital Signs test** you will need to enter the username and password provided to you on email. The CNSVS test will take around 20-30 minutes to complete.

WHAT ARE THE DISCOMFORTS AND RISKS?

- There should be no discomfort or risk experienced as a participant of this study.
- There have been no reported issues for use of the various questionnaires that make up the compiled General Health Questionnaire or for the Neurocognitive CNS Vital Signs Test.

WHAT ARE THE BENEFITS?

- Information gained from this research has potential to help shape player welfare strategies, and develop prognostic indicators of value to athletes, clinicians, physical conditioners and coaches.

HOW IS MY PRIVACY PROTECTED?

- Only the Principal Investigator and Ian Entwistle (PhD student) will have access to all participant identifiable information. In addition to this, Global Rugby Health Research Programme co-PI collaborators - Professor Patrick Neary will have access to Canadian participant identifiable information, and Dr Clare Fraser will have access to Australian participant identifiable information and Professor Meehan and Dr Sugimoto will have access to the American participant identifiable information. This is to enable the research team to contact you with your results if you have ticked 'yes' to this option.
- Data that is collected will be stored anonymously (under a number code eg 0001, 0002, etc) and held on password protected computerised databases under the responsibility of the research team named on this Information Sheet.
- No identifiable information (eg names, date of birth etc) will be published or shared.
- Only the named investigators will have access to computerised data, and this will be password protected. The final database for analysis will be coded and will not contain any personal identifiable information.

WHAT ARE THE COSTS OF PARTICIPATING?

- Participating in this research project will not cost you apart from your time which we greatly thank you for.

OPPORTUNITY TO CONSIDER INVITATION

- Please take the necessary time you need to consider the invitation to participate in this research.
- It is reiterated that your participation in this research is completely voluntary.
- If you require further information about the research topic please feel free to contact Dr Karen Hind (details are at the bottom of this information sheet).
- You may withdraw from the study at any time without there being any adverse consequences of any kind.

- You may ask for a copy of your results at any time and you have the option of requesting a report of the research outcomes at the completion of the study.

How do I agree to participate in this research?

- By completing the online consent form accessed via the project webpage. Ticking the box on this form is taken as your consent to take part and also means that you have read and understood all the information contained in this participant information document.

HOW DO I JOIN THE REST OF THE STUDY?

The other parts of the study involve a clinic based health evaluation. Information on joining the study is at www.leedsbeckett.ac.uk/ukrugbyhealth. You can also contact a member of the research team.

PARTICIPANT CONCERNS

If you have any questions please feel free to contact Dr Karen Hind. Any concerns regarding the nature of this project should be notified in the first instance to the Principal Investigator.

Principal Investigator Contact Details: Dr Karen Hind, Fairfax Hall, School of Sport, Carnegie Faculty, Leeds Beckett University, Headingley Campus, Leeds, LS6 3QS, United Kingdom. Email: k.hind@leedsbeckett.ac.uk

Concerns regarding the conduct of the research should be notified to the Local Research Ethics Coordinator, Dr Matthew Barlow, matthew.barlow@leedsbeckett.ac.uk.

Approved by the Carnegie School of Sport Research Ethics Committee, Leeds Beckett University on 02/03/2017.